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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Housekeepers' Chat Tuesday, February 19, 1929.

NOT FOR PUBLICATION

Subject: "With Oranges and Grapefruit." From Bureau of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes," and "Aunt Sammy's Radio Record."

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"When grapefruit is cut up,
And eaten like pie,
You get more in your mouth,
And less in your eye."

Speaking of grapefruit, I saw a well-known congressman in the city market the other day, carefully selecting this popular breakfast fruit. He bought six, which just filled the market basket he carried. It was a good-looking market basket -- green and white.

But I mustn't waste time talking about congressmen's market baskets. Not with all these questions to answer, and a menu and a recipe to broadcast.

First question: "Why are oranges considered especially good for children?"

Answer: Oranges contain those indispensable vitamins which help keep children in good health. Oranges are an especially good source of Vitamin C. Other fruits in the Vitamin C class are lemons, grapefruit, fresh pineapple and raspberries. Do you remember when oranges were considered a luxury, and the only time you had all you wanted, was at Christmas? Lemons were a rare fruit, too. Then it was found that citrus fruits, like oranges, and lemons, could be grown successfully in this country.

Oranges and lemons have many beneficial qualities. Besides being source of Vitamin C, they provide minerals and organic acids, which help to keep the body in good order. It's a fortunate thing that oranges and lemons are good for us. It would be hard to get along without them. Oranges can be served in dozens of delicious ways, in our menus. They can be eaten between meals, too, and at bed-time. And how could we stand hot weather, without lemons? Lemon juice forms the finest basis for practically all cooling drinks. It helps bring out the flavor of other fruits. Lemon juice is useful in almost anything where a little tartness is necessary. Prune Pie, for instance. Prune pie is delectable, with a little lemon juice to add tartness. Fresh lemon juice is also a good addition to fish, game, meats, vegetables, and salads.

Second question: "What do you think of orange juice, as a breakfast beverage?"

Answer: I think orange juice is an excellent breakfast drink, especially for children, and for people who have only a limited time for breakfast. Since I have to serve an early breakfast, I always prepare the orange juice the night before, and keep it in a tightly covered glass jar, so the fresh flavor will remain. When orange juice, or orange pulp, comes in contact with air, oxidation takes place, and a slightly stale flavor results. The moral is, if you are preparing oranges ahead of time, be sure to keep them tightly covered. Grapefruit can also be prepared the night before. Peel it, and pull it apart into sections, as you would an orange. Pull off the heavy skin, and you will have neat, attractive sections.

Next question: "Will you please suggest a few simple fruit desserts and salads?"

Answer: As a simple dessert, I suggest a Fruit Cup -- which is any appetizing combination of fruits -- fresh, canned, or dried. A Fruit Cup may be served as a first course, to arouse a jaded appetite, or as a dessert.

One of the best Fruit Cup combinations I know is the old reliable orange-banana-pineapple combination, with a candied cherry for color. Of course the citrus fruits should be free from all membrane, before they are used in Fruit Cups. Another good Fruit Cup is made of oranges, apple, and grapefruit; another of oranges alone, with a sprinkling of coconut.

Now let's see -- you want a few simple fruit salads. One of the best of all is made of oranges and grapefruit, served on lettuce, with French dressing. A second salad includes oranges, diced apple, chopped walnuts, finely cut celery, and a salad dressing. One more suggestion: oranges, seedless raisins, a few walnut meats, and mayonnaise, served on lettuce. Let the raisins soak in cold water, while you peel the oranges and cut them up. Then drain the raisins and let them dry before you mix them with the nuts.

One more question: "Can you send me a tested recipe for a marmalade made of oranges and grapefruit?"

Answer: I will send you a copy of the Radio Cookbook. On page 81 you will find directions for making Amber Marmalade, with one orange, one grapefruit and one lemon. Have any of you tried the recipe for Uncooked Orange Icing, on page 75? It's mighty good. And then on page 13, there's a recipe for Baked Bananas, with Lemon Sauce. It's good, too.

Now that we have mentioned the cookbook -- isn't it about time to try the recipe for Boiled Dinner, made with Corn Beef and Cabbage? I believe there are onions and turnips and carrots and potatoes in this dish, too. The recipe is in the radio cookbook, so I won't broadcast it. The main point about this appetizing dish is that the meat is cooked first, removed from the broth, and then the vegetables are added at different times, depending on how long it takes them to cook. The onions are added first, then about 20 minutes later the turnips, parsnips, carrots and potatoes. About 15 minutes before these vegetables are done the cabbage is added. Serve the boiled dinner on a large platter, with the meat in the center, and the vegetables around it. The advantage of this method of cooking is to have the vegetables tender, and yet not overcooked, as is sometimes the case in a boiled dinner.

Now that we have a Boiled Dinner as the main dish, we won't need much else. A little Mustard Pickle would go well with the meat and vegetables. And bread -- no let's have hot biscuits. We haven't had hot biscuits for a coon's age.

Dessert, next, Since I've been talking about citrus fruits, I should have a fruit dessert. Any suggestions? Somewhere in the radio cookbook there's a recipe for Orange Gelatin, made with the fresh fruit juice. Let's have Orange Gelatin, and Sand Tarts.

Please write this menu now, and then I'll give you the recipe for these delicious Sand Tarts, made with brown sugar and nuts.

The menu: Boiled Dinner; Mustard Pickle; Hot Biscuits; Orange Gelatin; and Sand Tarts.

The Sand Tarts are excellent to serve at a tea, or with punch, at a party. Nine ingredients, for Sand Tarts:

1/2 cup butter
3/4 cup light brown sugar
1 egg
2 cups sifted flour
2 teaspoons baking powder
1/4 teaspoon salt
1 teaspoon cinnamon
3 tablespoons granulated sugar, and
Almonds or pecans, cut in halves.

Nine ingredients: (Repeat.)

Cream the half cup of butter. Add the 3/4 cup of light brown sugar, gradually, then the well-beaten egg. Stir in the sifted dry ingredients, that is, the flour, baking powder, and salt. On a lightly floured board, make a roll of the dough, about 3 inches in diameter. Wrap well in waxed paper. Let stand overnight, in a cold place, In the morning, slice wafer thin, with a sharp knife. Sprinkle with a mixture of the cinnamon and granulated sugar. Press a nut in the center of each cookie. Bake in a moderate oven, between 350° and 375°F. for about 8 minutes, or until lightly browned. Store in air-tight containers.

If you like these cookies especially well, let me know, and perhaps the Recipe Lady will have time to test another cookie recipe for us.

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